

Choosing WIC Foods

Finding WIC foods at your grocery store isn't hard if you follow these tips:



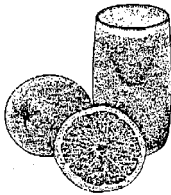
All WIC cereals are rich in iron and low in sugar. Allowed WIC cereals are pictured on your WIC Approved Food List.

Cereals come in many package sizes. Add the ounces on each box to make sure the total ounces are equal or less than what is on your check.

$12+12+12=36$ ounces $20+15=35$ ounces $18+18=36$ ounces
--



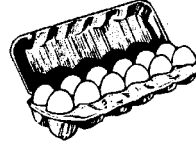
Be sure to select an 18 ounce jar of peanut butter. Buy only smooth or crunchy peanut butter without marshmallows, jelly, or added flavors.



WIC juices are 100% unsweetened fruit juice with Vitamin C added. Look at your WIC Approved Food List to see what brands of juice you can buy. No substitutions are permitted.



Infant formula for WIC babies must be iron-fortified. Be sure to purchase only the type of formula listed on the WIC check. If you want a change in formula, see your Local WIC office.



Choose only the **least expensive** white large sized eggs, Grade AA or A.



Buy the **least expensive** brand of allowed cheese on the WIC Approved Food List. Chunks of cheese are sold in many weights. Select a one pound package. If you want Cheddar cheese, buy the **least expensive** type no matter what the flavor (mild, medium, or sharp). American cheese can be purchased sliced, if the slices are not individually wrapped.



WIC checks can be used for skim, reduced fat, or whole milk. Purchase liquid milk only in the size listed on your check. If your WIC check lists evaporated or nonfat dry milk, buy the amount listed on your check. Buy only the **least expensive** brand of the type you choose.



Choose the **least expensive** brand of any type of dried beans, peas or lentils. Avoid those with added flavors, spices or grains.



Choose the **least expensive** infant cereal which does not have fruit or formula added.

Guide To Using Your WIC Checks

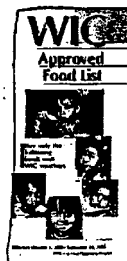
Not sure how to use your WIC checks at the store? Here are some helpful tips:

Shop for your WIC foods only at Kansas grocery stores where you find this decal on the door or window.



Never use a WIC check before the First Day to Use or after the Last Day to Use. Using checks before or after those dates may cause you to be dropped from the WIC program.

Take your WIC Approved Food List with you when you go shopping for WIC foods.



Before reaching the check out, look again at the dates on the top of the checks you plan to use. Put all WIC foods listed on the check together at the checkout lane. Place the WIC check on top of those foods.

Group your foods according to what is listed on each check. Keep WIC foods separate from any other foods you may buy.

The cashier will scan your items and put in the total dollar amount of your WIC purchases. After the cashier has filled out this amount, sign and date the check correctly.



Be pleasant to grocery store staff. Being rude to store staff may mean a loss of WIC checks. If you have a problem, call your WIC office.

If you are unable to pick up your WIC checks or shop for your WIC foods, someone else can shop for you. Call your WIC office to find out how.

If you lose your WIC checks, call your local WIC office immediately.

Moving? Call your WIC office.

USDA/WIC is an equal opportunity program
KDHE

05/03